



# What It Feels Like

**Jianjun Gao**



## What It Feels Like:

**The Post-Traumatic Insomnia Workbook** Karin Thompson, C. Laurel Franklin, 2010-09-02 Difficult and traumatic life experiences affect our lives in unexpected ways and can even change the way we sleep. In fact, up to 75 percent of all people who have experienced abuse, violence, or traumatic incidents have sleeping problems after these events, even after all other trauma-related symptoms have diminished. If you've experienced these problems for yourself, *The Post-Traumatic Insomnia Workbook* is for you. This workbook is based in cognitive behavioral therapy, a powerful approach that has been proven to be more effective over the long run than sleeping pills. Included are easy tips and techniques you can start doing right away to help you sleep better. You'll learn a variety of relaxation and sleep scheduling skills that will help you put an end to broken sleep, the need to stay on high alert throughout the night, and sleep sabotaging habits you may have developed. Why spend another night lying awake? Find the root cause of your restless nights and rediscover peaceful sleep. This workbook will help you understand what's keeping you awake at night, de-stress your bedroom, and create a safe space for sleep. Learn powerful relaxation techniques for calming your body and mind before bed. Cope with trauma-related nightmares.

**If We're Together, Why Do I Feel So Alone?** Holly Parker, Ph.D., 2017-01-03 Harvard University lecturer and clinical psychologist Dr. Holly Parker offers a step-by-step guide for coping with emotionally unavailable partners. Living with an emotionally absent partner can be overwhelming. Constantly overcoming the silent distance can leave you with the sense that the give and take in your relationship has disappeared. But even a broken relationship can be reinvigorated. In helping real-world couples achieve a fulfilling future, Harvard University lecturer and clinical psychologist Dr. Holly Parker has developed a program filled with practical exercises and powerful advice for individuals on both sides of an emotionally damaged relationship. In *If We're Together, Why Do I Feel So Alone?* Dr. Parker presents her revelatory insights on topics such as: How to identify unavailable personality types such as the Critic, the Sponge, the Iceberg, the Emotional Silencer, and the Defender. How to create healthy emotional connections and boost physical intimacy. How to eliminate habits that trigger self-sabotaging behavior. With patience, empathy, and willpower, Dr. Parker's program can help you restore balance and peace of mind and turn your damaged partnership back into a rewarding and joyful bond.

**Bodies-in-Balance** Tom Dolan, 2006-04

**The Sculptor in the Sky** Teal Swan, 2011-03-08 You can not have a life you can not lose a life. You are life. It is you who hold the power to decide yourself back onto the path you intended, the path of welcoming and becoming your own bliss. *The Sculptor in the Sky*, the new book by spiritual catalyst Teal Scott, takes you on a journey of rediscovery of the universe of God and of yourself. This extraordinary book challenges us to reconnect with the eternal essence of our being and to expand our ideas about the reality we live in. It is a must-have for the curious, the wanting, and the ready. A provocative guide to answering the questions that every person asks at some point in their life.

**Reasonable Children** Michael S. Pritchard, 1996 The public outcry for a return to moral education in our schools has raised more dust than it's dispelled. Building upon his provocative

ideas in *On Becoming Responsible* Michael Pritchard clears the air with a sensible plan for promoting our children's moral education through the teaching of reasonableness Pritchard contends that children have a definite but frequently untapped capacity for reasonableness and that schools in a democratic society must make the nurturing of that capacity one of their primary aims as fundamental to learning as the development of reading writing and math skills Reasonableness itself he shows can be best cultivated through the practice of philosophical inquiry within a classroom community In such an environment children learn to work together to listen to one another to build on one another's ideas to probe assumptions and different perspectives and ultimately to think for themselves Advocating approaches to moral education that avoid mindless indoctrination and timid relativism Pritchard neither preaches nor hides behind abstractions He makes liberal use of actual classroom dialogues to illustrate children's remarkable capacity to engage in reasonable conversation about moral concepts involving fairness cheating loyalty truth-telling lying making and keeping promises obedience character and responsibility He also links such discussions to fundamental concerns over law and moral authority the roles of teachers and parents and the relationship between church and state Pritchard draws broadly and deeply from the fields of philosophy and psychology as well as from his own extensive personal experience working with children and teachers The result is a rich and insightful work that provides real hope for the future of our children and their moral education

The Complete American and Canadian Sportsman's Encyclopedia of Valuable Instruction Francis Henry Buzzacott, 1905  
Franklin Winslow Kane Anne Douglas Sedgwick, 1910  
**Peter** Edward Frederic Benson, 1922  
The Church Herald, 1907  
**Library of Famous Fiction: pt. 1 Heavy yokes**, 1880  
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**The Atlantic Monthly**, 1923  
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